

UNIT 2 TOPIC 1

RESPONSIBLE LIVING – RESPONSIBLE SEXUAL BEHAVIOR

LEARNING OBJECTIVES:

- 2-1-1 Identify responsible sexual behavior.
- 2-1-2 Identify risk taking behavior.
- 2-1-3 Discuss good communication in relationships
- 2-1-4 Explain the application of core values to responsible sexual behavior.

REFERENCES:

1. SECNAVINST 5300.30C
2. OPNAVINST 1740.4A
3. SECNAVINST 1754.1
4. SECNAVINST 1754.2
5. OPNAVINST 1754.2A
6. Internet Resources:
 - a. www.cdcnpin.org
 - b. www.hhs.gov
 - c. www.vnh.org
 - d. www.anwa-doc.org
 - e. <http://www-nehc.med.navy.mil/hp/sharp/index.htm>
7. Report: Thomas, P.J. & Uriell, Z.A. (1998).
Pregnancy and single parenthood in the Navy: Results of a 1997 survey. San Diego, CA.: Navy Personnel Research and Development Center

SLIDES:

- 2-1-1 Responsible Living
- 2-1-2 What's Important to You
- 2-1-3 Risk Taking Sexual Behavior
- 2-1-4 Consequences: Sexually Transmitted Diseases

- 2-1-5 Consequences: Unintended Pregnancy
- 2-1-6 Alternatives
- 2-1-7 Prevention: The Choice is Yours
- 2-1-8 What is a Sexually Transmitted Disease
- 2-1-9 Protect Yourself & Others
- 2-1-10 Talk about IT
- 2-1-11 Why Does the Navy Care?
- 2-1-12 Personal Responsibility in Family Planning
- 2-1-13 Family Care Responsibility-Command
- 2-1-14 Assignment of Pregnant Servicewomen
- 2-1-15 Summary I
- 2-1-16 Summary II

CASE STUDIES:

None

VIDEO TAPE:

None

NOTE TO THE FACILITATOR:

The main points of this topic are:

- Responsible Sexual Behavior
- Application of goals and core values
- Risk Taking Sexual Behaviors & Consequences
- Strategies for Prevention of:
 - Unintended Pregnancy
 - Sexually Transmitted Diseases
- Communication in relationships
- Personal and Command Responsibility in Family Planning and Care
- Assignment of Pregnant Servicewomen

UNIT 2 TOPIC 1

RESPONSIBLE LIVING – RESPONSIBLE SEXUAL BEHAVIOR

- Resources Available

I. INTRODUCTION

Webster's Dictionary defines responsible as: "able to answer for one's conduct and obligations." Sounds impressive, right?

Show Slide 2-1-1, Responsible Living

A. **RESPONSIBLE LIVING.** This is something that everyone should strive to achieve. In fact, most of us probably think we are already living responsibly because we have a job--a profession in the Navy--own a home, pay our bills, take care of ourselves and/or our family. We obey the UCMJ and the laws of the land. We do good deeds and are in general, responsible for our actions. Our living style impacts our careers in the Navy.



NOTE TO INSTRUCTOR:

- **ASK THE FOLLOWING QUESTION then stop to allow student response and discussion.**
- **Do not continue until students provide either the correct response or an acceptable response.**
- **Guide the discussion as necessary to encourage student participation.**

QUESTION:

What would you consider to be the main ingredient of

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<p>B. Responsible living requires that each of us make informed personal choices about how we will live and how our choices affect others as well as ourselves.</p> <p>C. This lesson focuses on one of the most critical personal choices you can make, the choice of living a SEXUALLY RESPONSIBLE life. This is every Sailor's responsibility, male and female. The choices you make now regarding your sex life may have a significant impact on your quality of life in the future.</p> <p>D. How can the Navy's Core Values influence my sexual behavior?</p> <p>Have you thought or even considered that your personal behavior can or should be, guided by your core values?</p> <p>Is your sexual behavior in line with your career goals, your financial goals, your life goals, and your personal vision of excellence?</p> <p>We will explore these questions in this lesson.</p>	<p>living responsibly?</p> <p>PROVIDE ANSWER AFTER STUDENT RESPONSE(S) AND DISCUSSION: Making informed choices.</p> <p>Show Slide 2-1-2, What's Important to You</p> <div data-bbox="1071 979 1967 1167" style="border: 1px solid black; padding: 10px;"> <p>NOTE TO INSTRUCTOR: The question(s) listed on the left-hand side of the Lesson Topic Guide is/are to be asked <u>retorically</u> – only, to stimulate thought at this juncture – not discussion.</p> </div>

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

E. We will also:

- Discuss how your career goals, personal vision, and core values are applicable to your sexual behavior.
- Discuss choices in behavior.
- Define responsible sexual behavior.
- Identify risk taking sexual behavior and examine some of the consequences of such behavior.
- Discuss strategies for the prevention of Sexually Transmitted Diseases (STD), Human Immunodeficiency Virus (HIV), Acquired Immune Deficiency Syndrome (AIDS) and unintended pregnancy.
- Discuss the importance of communication in relationships.
- Discuss some resources.

F. Responsible sexual behavior is about making the right decisions. It is about making **informed choices**; not just reacting to stimulus or temptation. **Responsible Sexual Behavior is about deciding to do the right thing BEFORE there are consequences.**

G. It is about:

HONOR: We are **accountable** for our professional AND **personal behavior.**

Emphasize this statement!!!!!!!

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

It is about:

COURAGE: We have the moral, mental and spiritual strength to do what is right, **to make the right choices**, even in the face of temptation or adversity.

It is about:

COMMITMENT: To **improve** the quality of our work, our people and **ourselves**.



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QUESTION:

How can we begin the process of demonstrating responsible sexual behavior?

PROVIDE ANSWER AFTER STUDENT RESPONSE AND DISCUSSION:

Through education.

H. Most life improvements begin with education and end in some form of action that we take, or choice that we make based on the information we have acquired.

I. Too often, sexual health knowledge is based on myths and misconceptions. Bad information can affect your decision making in sexual matters. **Education is the key to avoiding risk taking sexual behavior.** In order to make the right choices you must understand what the risks and consequences are and know what you can do to avoid choices that put you at risk.

II. Risk-Taking Sexual Behavior & the Consequences

Any sexual activity is considered risky. However, for the purposes of this lesson we are concerned with the risks associated with STDs, HIV/AIDS, unintended pregnancies and issues that adversely affect the health and readiness of Navy personnel.

- A. **Abstinence**-It is okay to be sexually abstinent in a relationship. A relationship should not be built on sex. It should be built on mutual respect and love. Responsible sexual behavior is about much more than safe sex. Abstinence is the way to :
- guarantee no HIV or STDs.
 - have a good start in building a healthy, meaningful relationship.
 - guarantee there will be no unwanted

Show Slide 2-1-3, Risk Taking Sexual Behavior

pregnancy.

B. High-risk sexual partners.

You put your health and well being at risk anytime you have **unprotected** sex with a partner whose sexual history and health history are unknown to you. You can't tell if potential partners are "high risk" just by looking at them. You must know their sexual history! Think of it this way- when you have sex with someone, you are having sex with everyone that person has had sex with, and every person those people have had sex with, etc. GET THE PICTURE?

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QUESTION:

What examples can you cite of high-risk sexual partners?

PROVIDE ANSWERS IF THESE ARE NOT IDENTIFIED IN DISCUSSION:

- Anyone with an STD
- Anyone with HIV/AIDS
- Anyone who uses drugs, especially IV drugs
- Anyone who may not know their sexual partners' disease status
- Anyone who has sex with more than one partner
- Anyone who has had unprotected sex
- Anyone whose sexual activities are unknown to you
- Anyone who has ever had sex after using drugs and alcohol

- If you have **UNPROTECTED SEX** with a partner who has HIV/AIDS or any other STD or infection, the risk goes beyond your career or personal goals. Your life could be in jeopardy as well as the lives of your friends, family and potentially, your unborn children. This has major social ramifications. It isn't just about you.
- Some STDs can be passed from a man to woman and then to the woman's developing fetus during pregnancy or to her child during birth.
- An untreated STD can lead to sterility.
- Some STDs can only be treated not cured and have a tendency to keep recurring.
- STD infections can also result in the death of a fetus in the womb.
- Other STDs transmitted through the father or mother can cause serious birth defects, developmental disabilities, and health problems that can last a lifetime or cause the eventual death of your child.

C. Unintended Sexual Intercourse.

When sexual intercourse is unintended, it can be:

1. **forced or coerced.**
2. when high on drugs or alcohol.
3. when sexually excited and haven't planned ahead.

- Prostitutes

Emphasize this statement-Make your decision about sex and stick with it. It is best if your decision is made before you are faced with the situation and you learn to stick to your guns.

DISCUSSION POINT**RELATED INSTRUCTOR ACTIVITY**

You can lessen your risk of being involved in unintended intercourse by making choices that keep you in a safe environment and a safe frame of mind.

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- **Do not continue with the next question until students provide either the correct response or an acceptable response.**
- **Guide the discussion as necessary to encourage student participation.**

QUESTION:

Under what circumstances is unintended intercourse likely to occur?

PROVIDE ANSWERS IF STUDENTS DO NOT:

- When one or both sexual partners are drinking heavily.
- When one or both sexual partners are under the influence of drugs.
- When a date rape drug is used.
- When one of the sexual partners decides to have intercourse without the others consent.
- When stimulus take over and an irrational decision is made or when the appropriate decision is not made.

QUESTION:

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<p>D. Intercourse. Some types of sexual activities are more risky than are others. Unprotected intercourse has the highest risks for the most dangerous STDs.</p> <p>Oral sex can also infect you with an STD. The body fluids to be most careful about are:</p> <ul style="list-style-type: none"> • Blood • Seminal fluids • Vaginal fluids • Discharges from sores <p>E. Contraceptive Use to Prevent STD, HIV/AIDS or Unintended Pregnancies.</p>	<p>How can you protect yourself from unintended sexual intercourse?</p> <p>POSSIBLE ANSWERS:</p> <ul style="list-style-type: none"> • Alcohol and drugs impair judgement and should be avoided whenever having sex is a possibility. • Do not drink alcohol if you are alone with someone you do not know well. • Do NOT do drugs or socialize with those who do. • Socialize in-groups or pair off with a buddy when going to activities where you can ensure your safety. • Make the personal decision not to have sex and stick with it no matter what the circumstances.

Barrier methods are contraceptives that work by physically trying to prevent the male's sperm from reaching the woman's egg. If used correctly, they are highly effective in reducing STDs and pregnancies. Not all methods are created equal, and there are **no guarantees**. For example, only dental dams and latex condoms are recommended to prevent transmission of STDs. And even when used consistently, the effectiveness of condoms is dependent upon correct usage. A condom can be used only once. Therefore, a separate condom must be used for each episode of intercourse.

Birth control pills, Norplant or Depo-Provera can be very effective in pregnancy prevention, but will not prevent an STD.

To avoid associated risks, abstain from sex or choose the appropriate method of contraception and use it correctly.

F. Increased Frequency of Sexual Intercourse.

The more often you engage in risky intercourse, the higher your risk ratio for both pregnancy and sexually transmitted diseases.

Just because your partner says they are having sex with only you, does not mean that it is true. Unfortunately the statistics indicate a very different reality. Most of us have

Show Slide 2-1-4, Consequences: Sexually Transmitted Diseases

more than one sex partner in our lifetime. We may not plan it that way but it happens. The safest way to avoid unplanned pregnancy and STDs is to be in a loving nurturing relationship characterized by mutual respect and responsibility.

We may also get an infection or an STD from one partner and carry it to another. The partner who gave it to us may:

- Not know they were infected.
- Not have thought they would infect others.
- Not have been totally honest about their sexual history.

G. Compound Effect of A Great Number of Sexual Partners.

Many people who are infected with an STD don't know it, and you can't tell just by looking at them. When you have sex with many partners who also have sex with many partners you increase the odds that you will be infected with some form of an STD or HIV/AIDS. Although not as safe as monogamy, reducing the number of people a person has sex with can reduce risk by reducing the number of exposures.



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III. Strategies for Prevention

A. Background

The risks associated with leading a sexually active lifestyle can be reduced if you make **informed choices** to prevent STD and unintended pregnancies. **Know the risks and take the appropriate precautions.**

- 1) Unplanned or Unwanted Pregnancy
 - a) The United States has the highest teen pregnancy rate among developed countries. About 1 million teens become pregnant each year; 80% of those pregnancies are unintended and almost 50% end in abortions.

QUESTION:

If you have sex with people who are clean and healthy it shouldn't matter how many people you have sex with or how many people they have sex with, right?

ANSWER:

WRONG! Your sex partners may not know that they are infected or may not know that other partners they have had sex with were infected. If you have unprotected sex with enough people, chances are that you are exposing yourself to a sexually transmitted disease or HIV/AIDS. You cannot tell by looking at someone whether or not they are infected.

Show Slide 2-1-5 Consequences: Unintended Pregnancy

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

b) According to a 1997 survey, the Navy's annual pregnancy rates parallel the rates of civilians in the same age groups. Like their civilian counterparts almost **two-thirds** of the pregnancies among enlisted women that occurred in fiscal year 1996 **were unintended**. This means the children were unplanned consequences of sex.

c) If you have unprotected intercourse you are at risk of causing a pregnancy.

d) Vaginal intercourse can cause pregnancy, but few of us know that simply touching the vulva with the penis can also cause pregnancy.



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QUESTION:

Have you ever known of someone involved in a paternity suit that claimed they could not be the father of the child in question, because they had only “played around ” and had not engaged in actual intercourse?

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

e) During sexual excitement the penis leaks semen that has thousands of sperm in it. Millions more sperm eject out during ejaculation. Penetration of the vagina is not necessary for pregnancy to occur. The only foolproof way to avoid pregnancy is not to do anything that could bring semen in contact with the vagina or vulva.

2) Birth Control Alternatives

There are many forms of birth control options available today. The right choice for you will depend on your health issues and future plans and those of your partners.

a) **ABSTINENCE** - the only 100% effective form of birth control.

Advantages:

- Prevents pregnancy.
- Prevents sexually transmitted infections.
- Helps build healthy relationships
- Provides respect for both partners

b) **BARRIER METHODS** are contraceptives that work by trying to physically prevent the passage of the sperm to the egg. Various types are as follows:

- **Male Condoms (latex)** are over the counter, barrier methods of birth control. They are 86-98% effective in preventing pregnancy and are

Facilitator Note: Make sure the students understand the terms vagina and vulva. The vagina is the passage leading from the opening of the vulva to the cervix of the uterus. The vulva is the external genital organs of the female.

SHOW Slide 2-1-6 Alternatives

Show Slide 2-1-7 Prevention

NOTE: ONLY EFFECTIVE IF USED CORRECTLY AND THERE ARE NO GUARANTEES.

the most effective way to prevent STDs or HIV/AIDS when used correctly and consistently.

- **Female Condoms** are over the counter, barrier methods of birth control. They are 79-95% effective in prevention of pregnancy and an effective way to prevent STDs or HIV/AIDS as male condoms.

Some good advice: Men/women who may be sexually active should carry condoms. Take responsibility for your own life and health don't depend on others.

- **Diaphragm and Cervical Cap** are reversible prescription barrier methods of birth control. Both are soft rubber barriers that are intended to fit securely over the cervix. Approx. 80-94% effective for birth control. However, they do not protect against STDs or HIV/AIDS. Only provides about 50% of the protection of a condom.
- **Intrauterine Devices (IUDs)** are small devices made of plastic that contain copper or a natural hormone, which are inserted into the uterus. IUDs keep sperm from joining egg and prevent a fertilized egg from implanting in the uterus. 97.4 to 99.2% effective in pregnancy prevention. Insertion and removal must be done by a physician.

NOTE: Most of these birth control methods require a visit to a physician and may have side effects.

Not effective against STDs or HIV/AIDS.

c) **HORMONAL METHODS** are reversible prescription methods of birth control, which use synthetic hormones that prevent fertilization. They are about 99% effective against pregnancy. They are not effective against STDs or HIV/AIDS.

- **Norplant** is a contraceptive which consists of matchstick-sized rubber rods that are surgically implanted under the skin of the upper arm where it steadily releases the contraceptive. It is 99.95% effective in pregnancy prevention. Not effective against STDs or HIV/AIDS. A medical procedure is required for insertion & removal.
- **Depo-Provera** is a prescription contraceptive, which consists of an injection every three months. 99.7% effective in pregnancy prevention. It does not protect against STDs or HIV/AIDS.
- **The Pill** is a reversible prescription method of birth control. It is a monthly series of pills taken once a day. You need to consult your physician to find out which one is best for you. The pill method is about 95-99.9% effective in the prevention of pregnancy. It does not protect against STDs or HIV/AIDS.

d) **EMERGENCY CONTRACEPTION** is designed to prevent fertilization or implantation

after unprotected intercourse. It is also called postcoital contraception. This is done either by emergency IUD insertion (99.9% effective) or two increased doses of certain oral contraceptives taken 12 hours apart (75% effective). You can request emergency contraception if you think your contraceptive method has failed, you've been raped, or whenever no other method of contraception is being used. **MUST BE REQUESTED WITHIN 72 HOURS OF UNPROTECTED INCIDENT.**

Some examples of when to request emergency contraception are:

- His condom broke or slipped off.
- Your diaphragm or cervical cap slipped out of place.
- You miscalculated your "safe" days for periodic abstinence or fertility awareness methods.
- You forgot to take your birth control pills.
- You weren't using any birth control.

A pregnancy test may be necessary to make sure you are not already pregnant. **Emergency Contraception will not work if you are already pregnant.**

e) **OVER-THE-COUNTER** there are many over the counter birth control products, such as spermicides or vaginal films. Just remember, not

all of them are effective against STDs or HIV/AIDS and not all are equally effective in preventing unintended pregnancies. However, they are more effective than using nothing. **Read the package and follow the directions. If you have any questions please consult your physician.**

f) **STERILIZATION** is a contraceptive option intended for people who don't want children now, or in the future. Both men and women can be sterilized.

- **Female Sterilization, or tubal sterilization,** is a procedure that blocks the fallopian tubes so the egg can not travel to the uterus. Female Sterilization is done by various surgical techniques, usually under general anesthesia. It is 99.5-99.9% effective in pregnancy prevention. However it does not protect against STDs or HIV/AIDS. Can only be done by a physician. Reversibility cannot be guaranteed.
- **Male Sterilization** is a procedure called a vasectomy and involves sealing, tying, or cutting a man's vas deferens, which otherwise would carry the sperm from the testicle to the penis. It is 99.5-99.9% effective in pregnancy prevention. A vasectomy is a quick operation, usually under 30 minutes and does not require

general anesthesia. This procedure does not protect against STDs or HIV/AIDS. It is considered permanent because reversal requires major surgery that is often unsuccessful.

IV. SEXUALLY TRANSMITTED DISEASES

A. Sexually transmitted diseases are among the most common infectious diseases in the United States today. STDs are diseases you can get by having sex-vaginal, oral, or anal- with someone who is already infected. They are caused by bacteria or viruses that are spread through blood, semen, and vaginal fluids. Approximately **15 million** cases of sexually transmitted diseases (STD) occur annually in the United States.

- There are now more than 30 known STDs.
- One in every four Americans will be infected with an STD, one or more times in their lifetime.
- Eighty-six percent of these cases will occur in persons ranging from ages 15 through 29.

B. Some of these infections are merely unpleasant however; most have dangerous consequences and require professional medical treatment.

Show Slide 2-1-8, What Is A Sexually Transmitted Disease

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

C. The eighth leading cause of death in the United States is Acquired Immune Deficiency Syndrome (AIDS). It is the leading cause of death of men age 25 to 44 and the third leading cause of death of women the same age.

D. If you have unprotected intercourse, you are at high risk for sexually transmitted infections/diseases.

E. It is your responsibility to prevent sexually transmitted infections and diseases by using protection. When in doubt as to what is the most effective protection for a specific problem, consult your clinician, corpsman, or doctor.

Don't take chances with your life, your partner's life, the lives of future children, or the lives of your shipmates.

Honor: You are accountable for the choices you make in your personal life. Take responsibility for your sexual behavior. It's O.K. to say "No." It is your responsibility to accept NO when either partner says it.

Courage: You have the right to choose to protect yourself and others. In the face of temptation make the right choice: "No condom – No sex."

Commitment: Be confident in your resolve to

Show Slide 2-1-9, Protect Yourself & Others

maintain responsible sexual behavior. Do not put yourself or your shipmates in situations that put you at risk.

V. Talking about STDs and sex with your partner

A. Often, one of the hardest things in a relationship is communication. This is even harder if you really don't know the person very well. No matter how hard it is, you need to communicate with your partner about your past sex life, possible exposure to STDs, and your expectations for a responsible sex life.

B. Just the idea of talking about safer sex and STDs often leaves both men and women speechless, but in order to make an informed decision about having sex with your partner, you need to know and understand his/her feelings. If you are searching for the right words, take a look at the following examples and the information that follows them to stay cool, stay focused, and stay healthy. This should give you some ideas of how to approach this touchy subject.

- If your partner says: "I already tested negative for HIV. Don't you trust me?" You can say: "I do trust you. That's why I can talk about safer sex with you."-There are a whole host of other sexually transmitted diseases that you and your partner need to be concerned about. A lot of them can go undetected for years. It's not easy to tell your partner you won't consent with

Show Slide 2-1-10 Talk About IT

risky sex, but you need to speak up to protect your health. You should only have sex when you want to and when it's safe.

- If your partner says: "But I don't sleep around." You can say: "I know you don't, but it only takes once."- Even honest, trustworthy people get STDs. It takes only one high-risk sex act with one infected partner to get an STD. Let your partner know that frank talk about safer sex is part of the trust you share, a trust that can be made even stronger by using condoms or waiting until the time is right.
- If your partner says: "I don't enjoy sex as much when I have to wear a condom." You can say: "I don't enjoy sex as much when I don't feel safe." – Neither of you will enjoy life as much with an STD. It's a lot easier to deal with rejection than to deal with an STD. Insist on a condom to protect yourself and your partner.
- If your partner says: "Hey, I'm clean-no sores, no blisters. We're totally safe." You can say: "That's great, but a lot of STDs have no noticeable symptoms." – More than half of the people who contract STDs experience no symptoms. The only way you can be sure about not being infected is to get tested and to practice safer sex. A caring partner will want you to feel safe and should agree to testing and

to wearing a condom.

- If you find yourself thinking: “Don’t worry, I’m protected. I’m on the Pill.” Tell yourself: “The Pill can prevent pregnancy-not STDs.” – Just because the Pill is an effective method of birth control, it does not prevent the spread of STDs. No matter what your partner says, protect yourself from sexually transmitted diseases. Remember: no condom, no sex.
- If you find yourself thinking: “I’m afraid to tell my partner I have an STD.” Remind yourself: “I’d want my partner to tell me if he/she had an STD. I shouldn’t let fear keep me from doing what’s right.” – It’ll be hard, but you’ve got to be open and honest with your partner. It’s the right thing to do.

C. Stop and think it over - make a choice – a decision, don’t just react when you meet that attractive person. In the long run, in your journey through life – a well thought out, informed decision is the best defense against sexually irresponsible behavior.

VI. PARENTING: PERSONAL AND COMMAND RESPONSIBILITIES

- A. Why is the Navy interested in you being successful as a parent?
- Deployments, operations at sea, and the need

Show Slide 2-1-11 Why Does The Navy Care?

Navy’s Theme: Knowing the folks back home are cared for is crucial to you and to your unit’s readiness. In other words, ‘Taking Care of Our Own.’

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<p>for military readiness create unique challenges for the military community....particularly for the family.</p> <ul style="list-style-type: none"> As a values-based organization, the Navy recognizes the importance of the family and has moved beyond the primary considerations of medical and health care, housing and survivor's benefits to offer family assistance in many areas. <p>B. Personal Responsibility in Family Planning and Care</p> <ol style="list-style-type: none"> Never too early to plan <ol style="list-style-type: none"> Everyone has an individual starting point as a parent or prospective parent. <ul style="list-style-type: none"> Single and not thinking about it. Single and seriously thinking about it. Recently married. Married for a while. Find your starting point and remember: <ul style="list-style-type: none"> Start thinking about it now. If you have been married for a while, then there are review points that may be very helpful as you mature as a parent. As a single individual anticipating marriage, you should always assess your resources, your short and long range plans and the potential effects that becoming a 	<p>Note to the Instructor</p> <p>This is a good opportunity to give students and appreciation of the Navy's commitment to assist them in this lifestyles change. What other career choice offers Family Service Centers?</p> <p>Show Slide 2-1-12 Personal Responsibility in Family Planning</p> <p>Eventually, marriage and family will be a part of your life. Why not load up with common sense and some basic guidelines that will make life easier.</p> <p>You are never too young or too old to pick up good habits and guidelines that could improve your lifestyle.</p>

parent will bring.

- **Review your current situation.**

One of the unique things about having a family is that it is a lifetime commitment with new challenges with each new day.

- **It is a lifetime commitment.**

With thoughtful planning and good counsel, you can make the journey much more enjoyable and permit you a greater opportunity to succeed.

- **Plan, Plan, Plan.** Planning, Awareness, and Communicating are the keys to successful parenting.

C. Command Responsibility in Family Planning and Care

1. Your command is charged with educating personnel, specifically in the areas of:
 - a. Family care planning.
 - b. The possible ramifications of unplanned pregnancies on their careers.
 - c. Family service centers.
 - d. Obstetrical care.
 - e. Exceptional family member program.
 - f. Family assistance resources.
 - g. Navy Wifeline Association.
 - h. Ombudsman program.

Show Slide 2-1-13 Family Care Responsibility-Command

VII. NAVY POLICY REGARDING ASSIGNMENT OF PREGNANT SERVICEWOMEN

- A. The Navy has specific policies and responsibilities regarding pregnant servicewomen and counseling on :
- Work reassignment and health considerations.
 - Military entitlements to maternity care.
 - Policy on worldwide assignability.
- B. There are different policies regarding pregnant servicewomen overseas, within the United States, aboard ship, in an aviation squadron, and in military schools. There are also guidelines about separation circumstances and post delivery.
- C. OPNAVINST 6000.1A is a guiding reference for assignment policy.
- D. If you determine that you are pregnant, see your leading petty officer or division officer and determine what policies apply to your specific situation.

VIII. PLANNING AND PREVENTION COUNSELING

- A. BUMED Instruction 6300.9 provides guidance for family planning services. There is a BUMED policy that permits the dispensing of 6 months worth of oral contraceptives.
- B. BUMED Notice 6320 also provides annual health maintenance examination requirements of all active

Show Slide 2-1-14 Assignment of Pregnant Servicewomen

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<p>duty women, which includes family planning, contraceptive counseling, and STD prevention counseling.</p> <p>C. If you have any questions concerning STDs, pregnancy, or sexual health, contact the on base clinic and they will assist you in making decisions based on your specific needs.</p> <p>D. Remember: You always have options and there is always someone to talk to.</p> <p>VII. SUMMARY</p> <p>In this lesson :</p> <ul style="list-style-type: none"> • We discussed how your career goals, personal vision, and core values are applicable to your sexual behavior. • We identified risk taking sexual behavior and examined some of the consequences of such behavior. <p>We also:</p> <ul style="list-style-type: none"> • Discussed strategies for the prevention of sexually transmitted diseases and unintended pregnancy. • We discussed the importance of communication in relationships. • We discussed family planning and care and the assignment of pregnant servicewomen. • And lastly, we identified some of the resources available, which can help prevent sexual irresponsibility. 	<p>Stress to the students to know the facts and if they don't- find out.</p> <p>Show Slide 2-1-15, Summary I</p> <p>Show Slide 2-1-16, Summary II</p>

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
General Military Training Responsible Living – Responsible Sexual Behavior	2-1-29